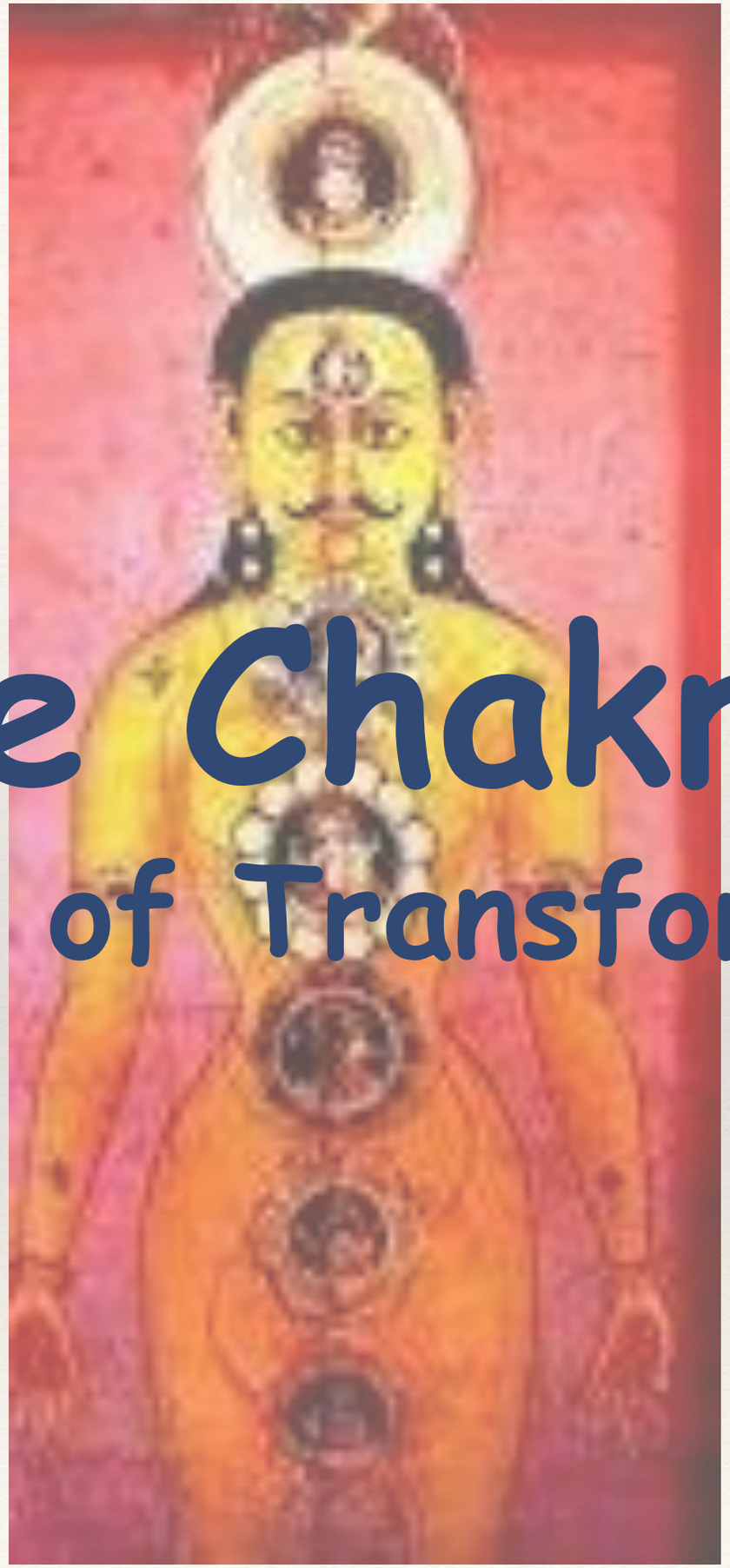


The Chakras

Centers of Transformation

Consciousness is primary matter is secondary
Consciousness transforms into matter at every point in the Universe
This transformation is more lively at certain places

On the earth this is a Vortex

In the body it is a Chakra

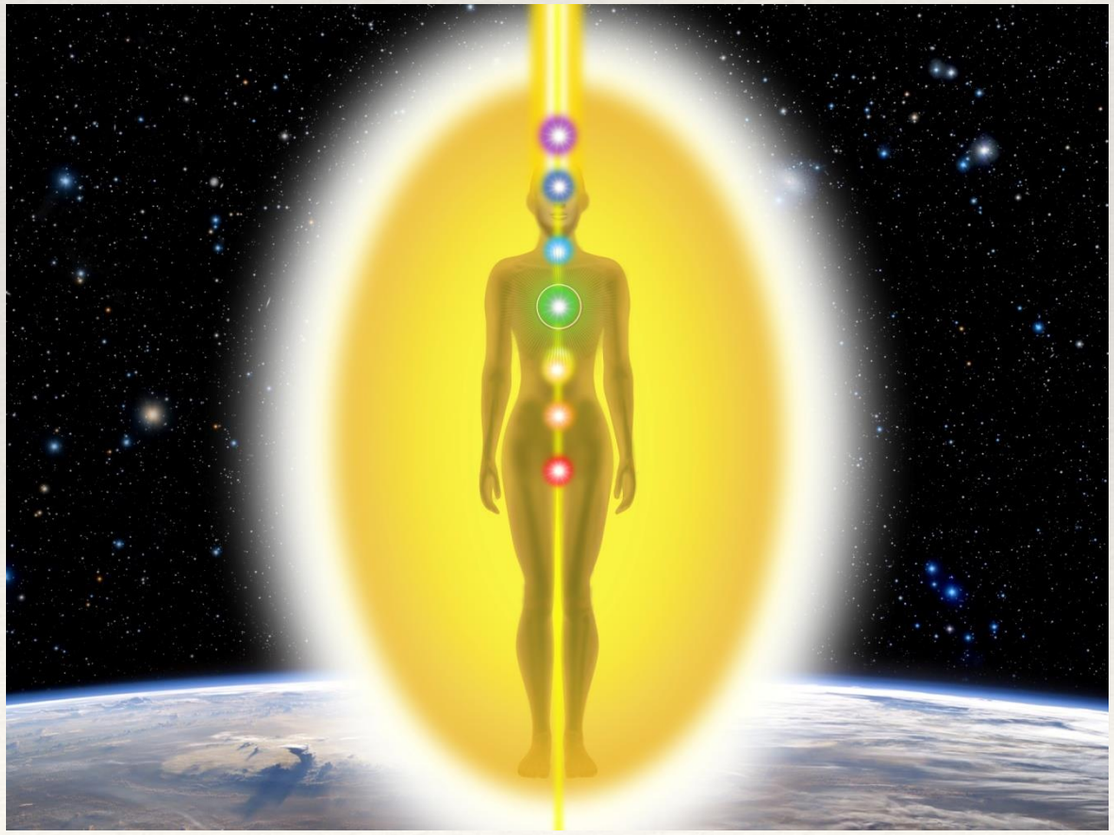
Chakras are part of the subtle body and control the transformation of subtle energies from higher dimensions into physical energy

There are many Chakras, located at the junction points of the energy channels (nadis) of the subtle body

The 7 Chakras located along the spine are considered to be the most important

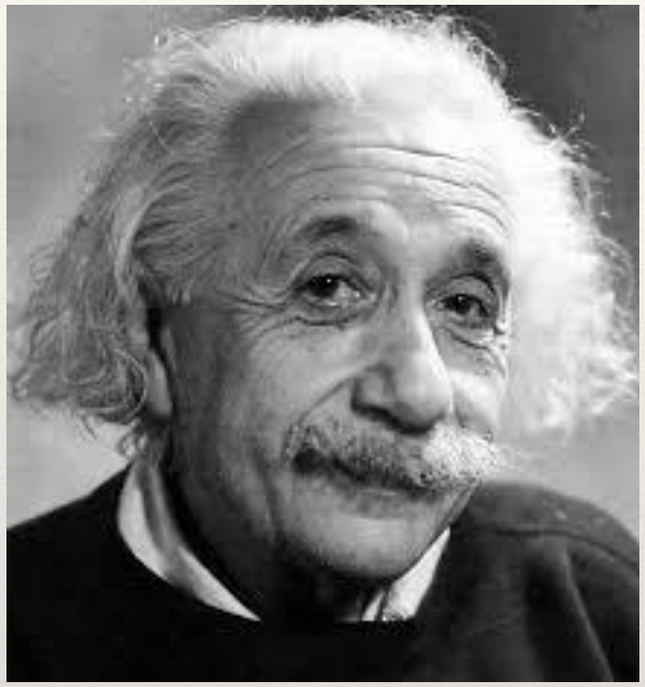
Chakra means “wheel”, they constantly spin the world into existence

When the Chakras are blocked or clouded, transformation is blocked, creating disharmony and suffering in our life



When the Chakras are clear and “awakened” the mind and body become balanced and we gain full access to higher realms of existence

A few people, such as geniuses may be born with one or more Chakras already open
However, this may cause imbalances in other areas of their lives



Just as our journey brings us from ignorance, through spiritual exploration, to Enlightenment, the lotus begins life in the mud, rises through the water to bloom in the sunlight

The Chakras are most commonly expressed as lotus flowers with a varying number of petals

Each Chakra is associated with a color, yantra, element, sense, planet, loka, bija sound, deity. These may vary depending on ones level of awareness

Chakras are psychic centers in the subtle body

Chakras are active, to some degree at all times

Our Karma is stored in the Chakras

Chakras are like the playground of our desires

We respond to situations from the stand point of the Chakra in which we feel most comfortable

Chakra Names and Location

Sahasrara — Crown

Ajna — Third Eye (Brow)

Vishuddhi — Throat

Anahata — Heart

Manipura — Solar Plexus (Navel)

Swadhistana — Sacral

Muladhara — Root (Base)

Muladhara (Root) Chakra

Responsible for our survival instincts, security, shelter, food, fight or flight response, physical birth

Four Petals
Red

Base of Spine
Earth Element

Mars
Sense of Smell

Loka - Bhu, physical plan

Governs : Physically - sexuality

Mentally - stability

Emotionally - sensuality

Spiritually - sense of security

Muladhara (Root) Chakra

Blocked:

Anger, insecurity, fear, anxiety, violence, over sleeping (on stomach), greed, delusion, wanting more physical experiences, self-centered, inability to provide or stand up for oneself, feeling lost, poor family and social interactions

Illnesses: lower back pain, sciatica, varicose veins, rectal cancer, immune disorders

Young children act from this Chakra

Muladhara (Root) Chakra

Open:

Healthy, lightness, inspiration, vigor, stamina, inner purity, inner beauty, softness of voice, patience, self confidence, mental confidence, strength of character

Swadhisthana (Sacral) Chakra

Responsible for procreation,
inter-relating with family,
relationships, sexual fantasies,
inspiration to create

Six petals
Orange
Behind the pubic bone
Water element
Mercury
Sense of taste
Loka - Bhuva, astral plane

Governs: Physically - reproduction
Mentally - creativity
Emotionally - joy
Spiritually - enthusiasm

Swadhisthana (Sacral) Chakra

Blocked:

Desire for physical sensations, fantasies, restlessness,confusion, envy, jealousy, violence, addictions, blame, guilt, poor ethics in relationships, negative behavior

Illnesses: Lower back pain, sciatica, ob/gyn problems, sexual potency, urinary problems

Early teenagers act from this Chakra

Swadhisthana (Sacral) Chakra

Open

Pure relationships, freedom from anger, lust and greed, a pure nature, refined, remembering forgotten or repressed information, self control, control of tongue, thoughts and negativity

Manipura (Solar Plexus) Chakra

Responsible for all levels of digestion, personal power, opinions, fear and anxiety about self worth, intellect

Ten petals
Yellow
Naval area
Fire element
Sun
Sense of Sight
Loka - Swaha, celestial plane

Governs: Physically - digestion
Mentally - personal power
Emotionally - expansiveness
Spiritually - growth

Manipura (Solar Plexus) Chakra

Blocked:

Striving for personal power, vain, introverted, judgmental, lack of trust, poor self-esteem, sensitive to criticism, controls through anger, selfish, poor health

Illnesses: arthritis, ulcers, colon and intestinal problems, anorexia/bulimia, liver disorders, hepatitis, adrenal dysfunction

Manipura (Solar Plexus) Chakra

Open:

Healthy digestion, loss of ego, power to create/destroy, power to command and organize, peaceful, fantasies become practical, radiant, clear expressions, selfless, light of 10,000 suns

Anahata (Heart) Chakra

Responsible for immune system,
compassion, tenderness,
itional love, balance
n, rejection,

Deep sleep occurs in the heart area

Twelve petals
Green
Center of chest
Air element
Venus
Sense of touch
Loka - Maha, plane of balance

Governs: Physically - circulation
Mentally - passion
Emotionally - unconditional love
Spiritually - devotion

It is the balance between the lower and upper Chakras

Anahata (Heart) Chakra

Blocked

Emotional turbulence, despair, dependency, resentment, bitterness, grief, anger, loneliness, self-centered, lack of commitment, lack of hope and trust

Illnesses: heart problems, asthma, allergies, lung and breast cancer, upper back and shoulder problems, bronchial pneumonia

Anahata (Heart) Chakra

Open:

Wisdom, compassion, inner strength, balance of m/f energies, pure relationships, innocence, source of inspiration to others, Divine vision, ability to travel through space and become invisible, mastery of languages, contentment, selfless, sincere, kindness, truthful

Vishuddhi(a) (Throat) Chakra

Responsible for speech, communication, the voice of the heart, growth through expression, discrimination, acceptance, forgiveness

Dreaming occurs in the throat area

Sixteen petals

Pale blue

Throat area

Space element

Jupiter

Sense of hearing

Loka - Jana, human plane

Governs: Physically - communication

Mentally - clear, fluent thought

Emotionally - independence

Spiritually - sense of security

Vishuddhi (Throat) Chakra

Blocked

Negative intellect, using knowledge unwisely, poor communicator, addictions, judgmental, sarcastic, poor decision maker

Illnesses: sore or raspy throat, mouth ulcers, gum problems, TMJ, scoliosis, swollen glands, thyroid problems

Vishuddhi (Throat) Chakra

Open

Serenity, calmness, purity, youthfulness, freedom from distractions, melodious voice, truthful, command of speech and mantras, ability to compose poetry, spiritual teacher, cosmic consciousness, light of 10,000 moons

Ajna (Third Eye) Chakra

Responsible for mental awareness, higher intuition, end of duality, connected to the pineal gland - seat of consciousness, gives direction to lower chakras

Two petals
Violet/purple/indigo
Between eyebrows
Embodiment of all elements and senses
Saturn
Loka - Tapas, plane of austerity

Governs: Physically - inner guidance
Mentally - visual consciousness
Emotionally - intuitive clarity
Spiritually - merging of opposites

Ajna (Third Eye) Chakra

Blocked

Ego based actions, disharmony, closed to ideas of others, weak intellect, prisoner of karma

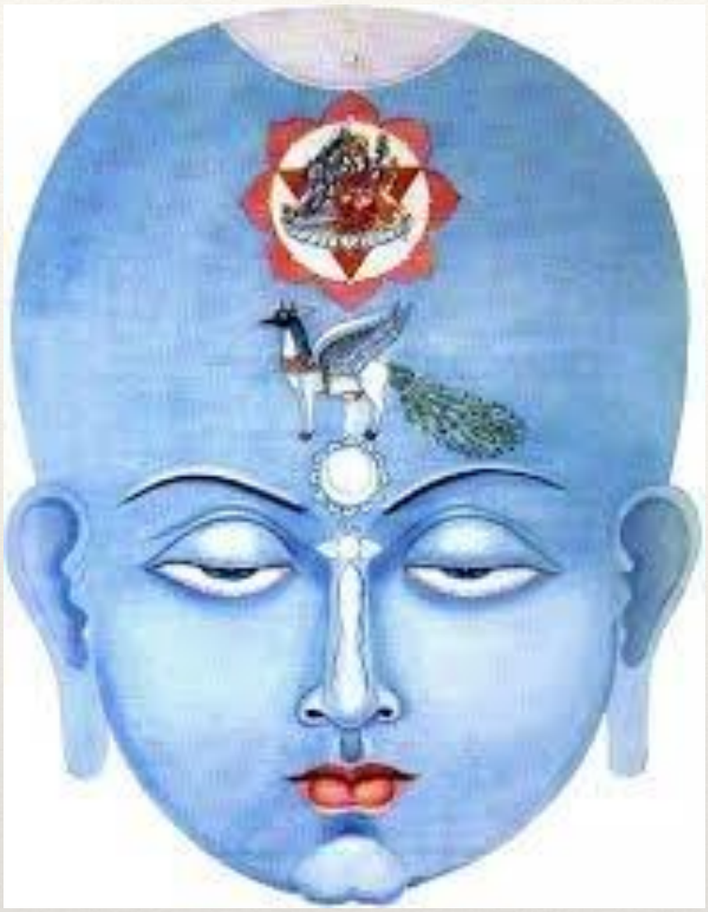
Illnesses: brain tumors, stroke, blindness, deafness, seizures, learning difficulties, neurological disorders

Ajna (Third Eye) Chakra

Open

Free from ignorance and impurity, beyond normal desires, spontaneous fulfillment of desires, aware of refined sounds, visions of past present and future, able to enter the bodies of others, devotion, balancing of all opposites, Divine Consciousness, brighter than a million suns, gives directions to other chakras

Soma Chakra



Located in the center of the forehead

Amrit, the nectar of immortality flows from this chakra

By “trapping” this nectar with the Khechari Mudra, we can stay forever youthful, have victory over disease and death, become immortal in the physical body and enjoy eternal bliss

Qualities: mercy, gentleness, patience, joy, deep spiritual love, humility, magnanimity, non-attachment, restfulness

All Siddhis (Yogic Powers) are obtained

Sahasrara (Crown) Chakra

Responsible for inner wisdom, release of all karma, end of physical attachments, end of illusions, the Guru within

One Thousand petals
Gold, white, purple
Top of head or slightly above
Beyond worldly elements and senses
Ketu
Loka - Satyam, plane of Truth/Reality

Governs: Physically - meditation
Mentally - Universal Consciousness
Emotionally - Beingness
Spiritually - Wholeness, liberation

Sahasrara (Crown) Chakra

Beyond knowledge (nothing left to be known), liberation, pure bliss, all emotions and desires dissolve, individual self dissolves, has all yogic powers but no desire to use them, in the world but not of it, Sat Chit Anand, Samadhi

Sahasrara (Crown) Chakra

Contains within it:

Soma Chakra

Bindu Chakra - equivalent to Soma Chakra but at the rear of the head

Mahanada Chakra - the “Great Sound” or primal sound from where all creation manifests

Nirvana Chakra - end of the Sushumna Nadi, responsible for states of Dharana, Dhyana and Samadhi

Guru Chakra - where the Guru’s feet rest, radiating blessings

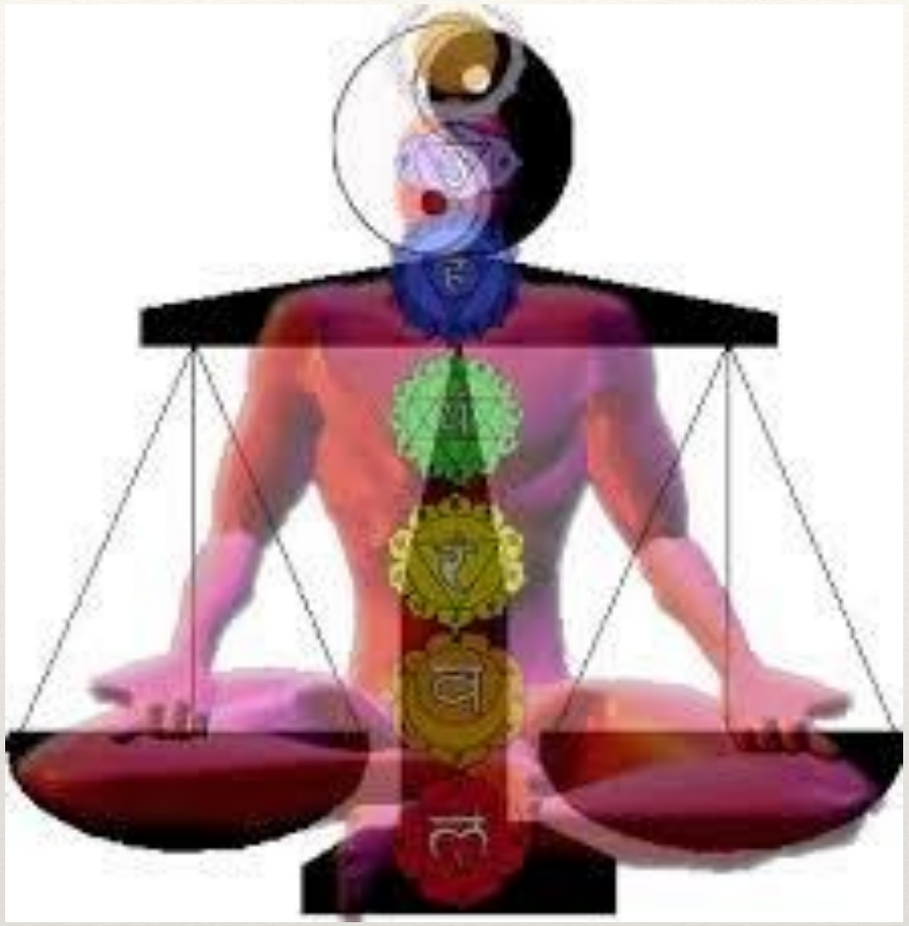
Gate, Gate - Beyond the beyond

Because of external situations and internal habits
a chakra can be deficient or excessive
These may be temporary or chronic

Deficient chakras
- do not receive the appropriate energy
- do not manifest the correct energy into the world
- creates a sense of physically and emotionally being closed down

Excessive chakras
- manifests too much energy
- becomes a dominating force

Balancing the Chakras



Pranayama
Yoga Asanas
Posture
Movement / dance / exercise
Massage / touch
Mandalas
Sacred images
Crystals
Crystal bowls
Chanting / toning
Conscious choice making
Attention
Meditation
Mantras
Divine Light

It is important to awaken all the Chakras equally

Balancing with Crystals

1st Chakra - Black Obsidian, Garnet
2nd Chakra - Carnelian, Tiger's Eye
3rd Chakra - Citrine, yellow Jade
4th Chakra - Green Jade, Rose Quartz
5th Chakra - Turquoise, Aquamarine, Lapis
6th Chakra - Lapis Lazuli, Azurite
7th Chakra - Amethyst, Opal

Quartz Crystal will activate all chakras

A Sri Chakra represents Mother Divine and will activate all the thousands of chakras in the body

Balancing with Toning

OM - O from first chakra to crown, Mmmm return to first

A-U-M - A with attention in between lower two chakras,
U with attention between 3rd and 5th chakras
M with attention in head

1st	LAM	LANG
2nd	VAM	VANG
3rd	RAM	RANG
4th	YAM	YANG
5th	HAM	HANG
6th	(K)SHAM	AUM
7th	OM	*silence*

Gayatri Mantra

The Gayatri is the Mother of the Vedas, the essence of the Upanishads
The Gayatri is the most purifying of all mantras, the destroyer of all ignorance
It is particularly powerful when chanted with the focus in the Ajna or Anahata Chakras

Om Bhur Bhuvah Suvah
Om Tat Savitur Varenyam
Bargo Devasya Dhimahi
Dhiyo Yo Nah Prachodayat

Balancing with Divine Light

Supreme Self

Higher Self

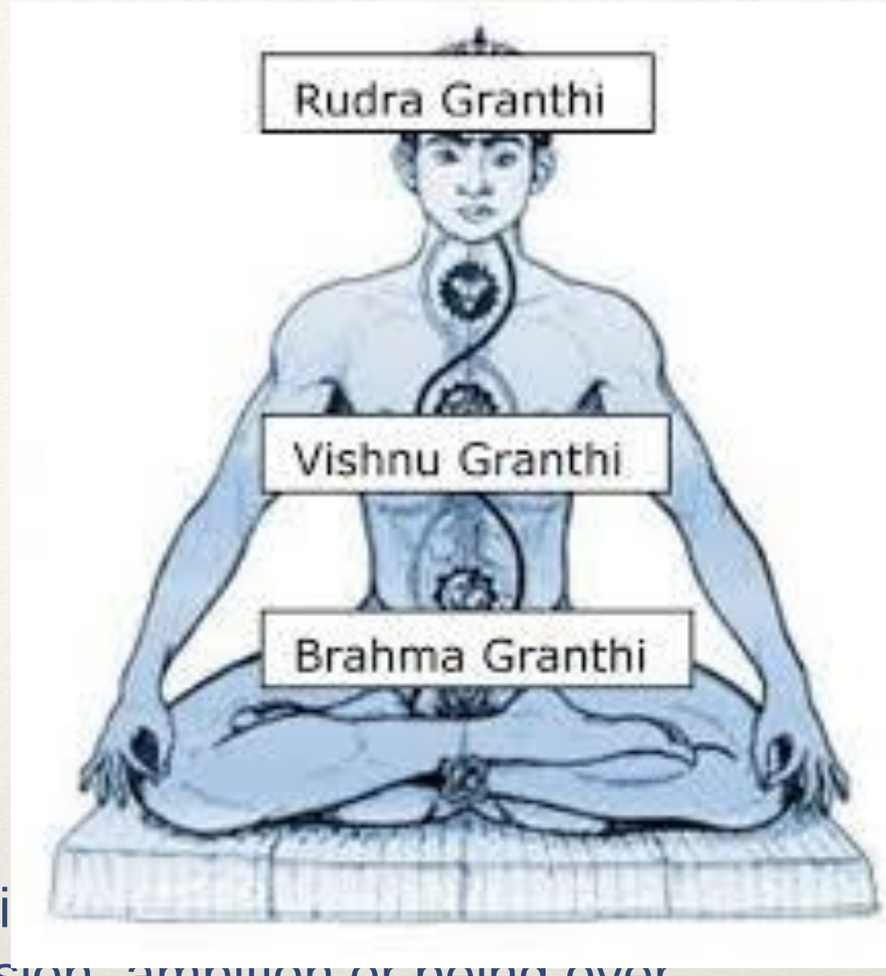
Individual Self

Exercises for opening the Chakras

Turn head from left to right 16 times.
Nod head up and down 16 times.
Circle head 16 times to the left and then 16 times to the right.
Extend arms horizontally, circle forwards 16 times and backwards 16 times.
Raise right arm stretch to the left side, 16 times. Repeat on left side.
Slightly bending at the waist, rotate the upper body 16 times left and 16 times right.
Standing straight, circle the hips, 16 times in one direction, 16 times in the other.
With arms extended do 16 squats.
With hands on the hips, raise right foot and rotate the ankle in each direction 16 times. Repeat with the left foot.
Sit and rest.

Granthis

Psychic knots, which also block the flow of cosmic energy
Caused by attachments
Released through practice of the 8 Limbs of Yoga

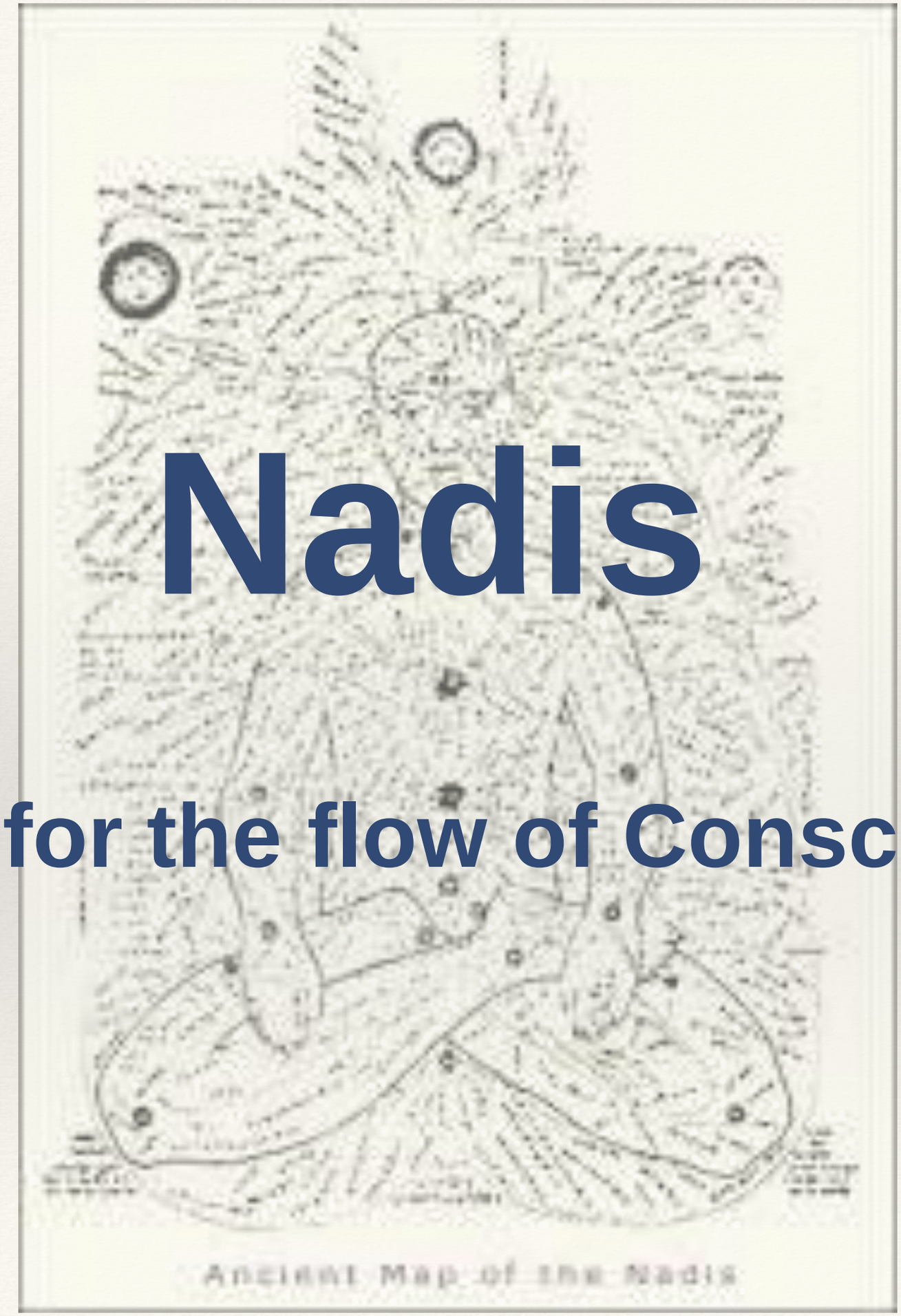


Brahma Granthi Located at the base of the spine
Created by attachment to physical pleasures, ambitions, desires and material objects, selfishness, laziness, ignorance.
It creates restlessness and distraction
Released with the mantra ***AYIM***

Vishnu Granthi Located in the area of the heart
Created by emotional attachment to other people, compassion, doi
organizations, preserving ancient knowledge, psychic visions, passion, ambition or being over assertive.
Released with the mantra ***SHRIM***

Rudra (Shiva) Granthi Located in the area of the third eye
Caused by attachment to siddhis, psychic abilities, spiritual powers, ego, the individual I
Released with the mantra ***HRIM***

Saraswati Mantra OM AYIM SHRIM HRIM SARASWATI DEVYEI NAMAHA



Ancient Map of the Nadis

Channels for the flow of Consciousness

Ayurveda sees the body as a
of channels through which
flow

In the physical body these are called Srotas, in the subtle body, Nadis

According to Ayurveda, the body has 72,000 Nadis

Nadis are subtle channels through which Prana Shakti (vital force) and Manas Shakti (mental force) flow to all areas of the physiology

Nadis radiate out from the Chakras

The Chakras act like generators and the Nadis like wires carrying the current to all areas

When the channels are clear, we remain vital, healthy and there is spiritual growth

Blocked channels lead to health problems and a loss of wholeness

Chitta Nadi

The Channel of mind or consciousness, the flow of thought
Originates in the Spiritual Heart, our connection with the Creator and the site of our reincarnating Soul
It is the flow of our Samskaras (tendencies and desires)

Outward flow - from the heart to the outer world, emotions
upward to the throat - expression
to the head - connects with senses and external objects
reflects ignorance
waking state

Inward Flow - back down through throat to heart
reflects Divine attraction, growth of Higher States
deep sleep and dreaming states
purifies the chakras and other nadis

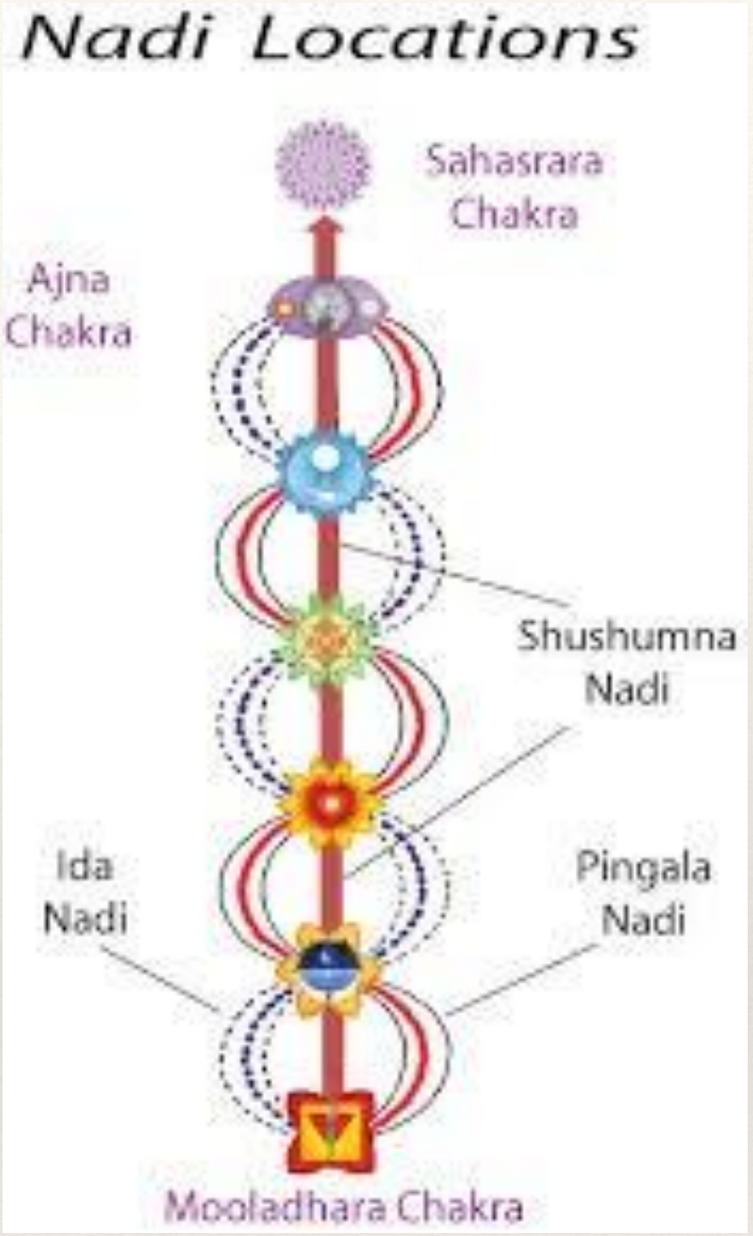
In death, the Chitta Nadi flows inward to the Astral Plane - this is the tunnel people report seeing in near death experiences
The ego and distractions block this Nadi, causing mental disruptions
Desire causes the outward flow, detachment causes the inward flow
Pratyahara, meditation and Gyana Yoga support the inward flow

Three Principal Nadis

Pingala - prana shakti

Ida - manas shakti

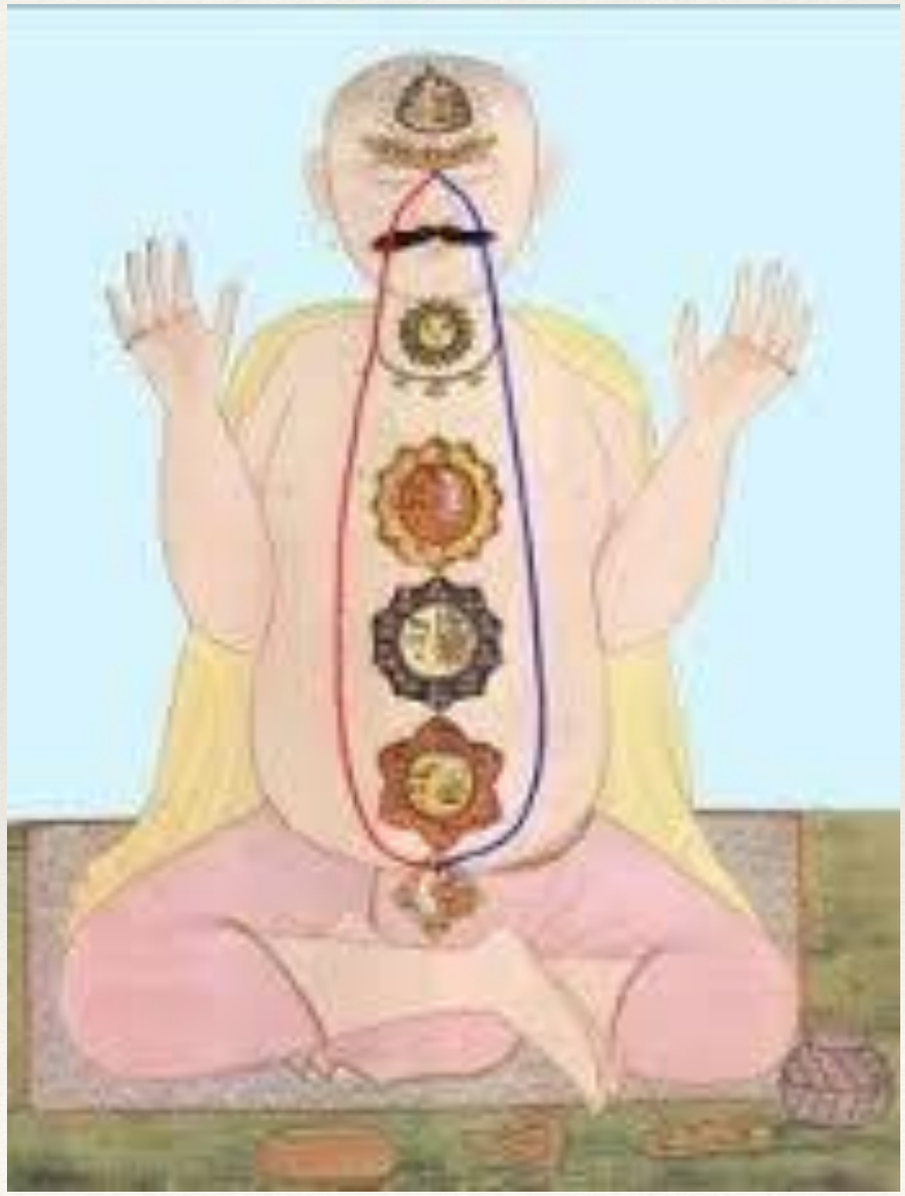
Sushumna - atma shakti



The Pingala and Ida Nadis are active, the Sushumna remains closed until our spiritual awakening

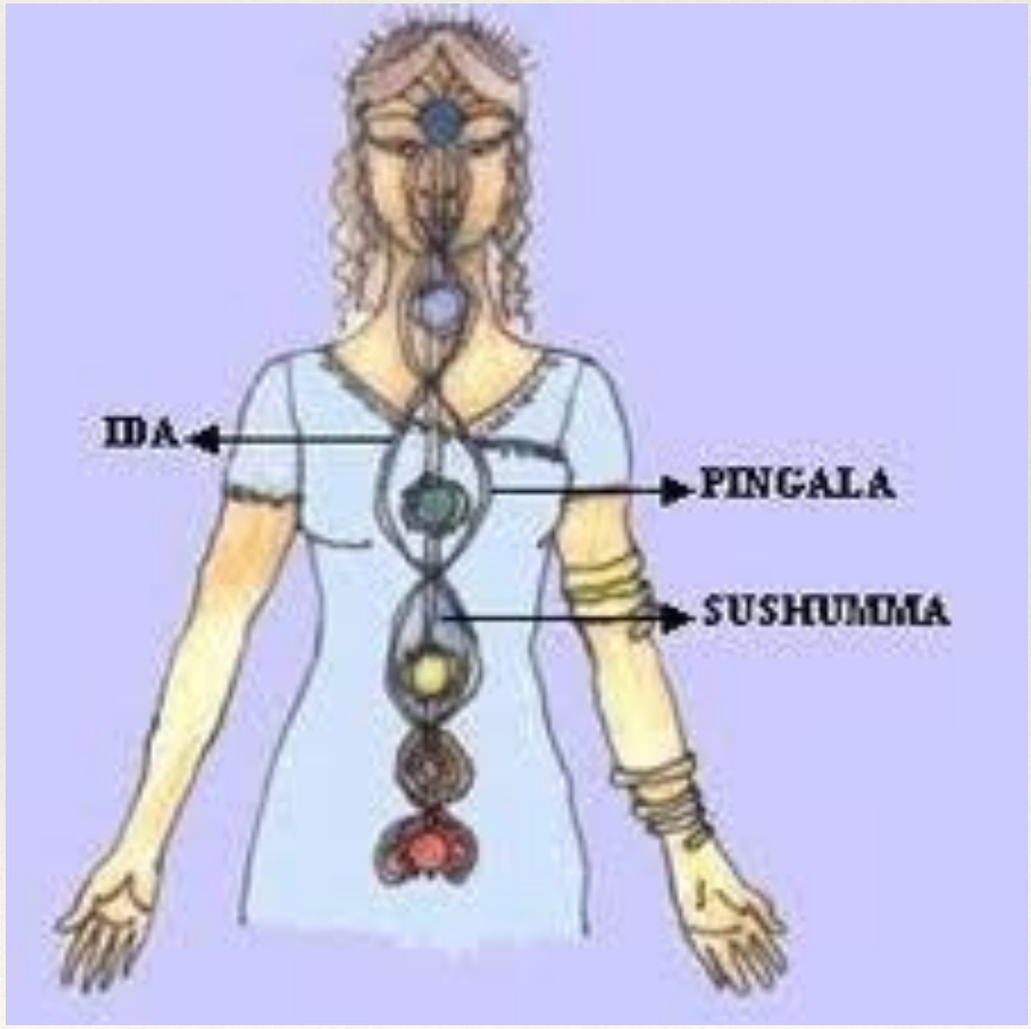
Pingala or Surya Nadi (right channel)

Begins in the right testicle and ends at the right nostril
Carries Prana Shakti or the vital force
Carries the solar currents, heating
Masculine in nature
Destructive energy
Purifies like fire
Brings dynamism, efficiency, motivation, vitality, masculine power, stamina, verbal and rational
Rajistic by nature
Left brain thinking
Represents the River Yamuna
Keeping right nostril active at night creates balance and wholeness



Ida or Chandra Nadi (left channel)

- Begins in the left testicle and ends at the left nostril
- Carries Manas Shakti, the mental force
- Represents the moon, cooling, peaceful
- Feminine in nature
- Nourishing and purifying energy
- Magnetic, female, devotional,
  - visual, imaginative, emotional, mentally alert
- Satvic nature
- Meditation
- Right brain thinking
- Represents the River Ganges
- Keeping the left nostril active during the day promotes balance,wellbeing and purity



Sushumna or Brahma Nadi (central channel)

Begins in the Muladhara Chakra ends in the Sahasrara

Carries the Atma Shakti, the spiritual force

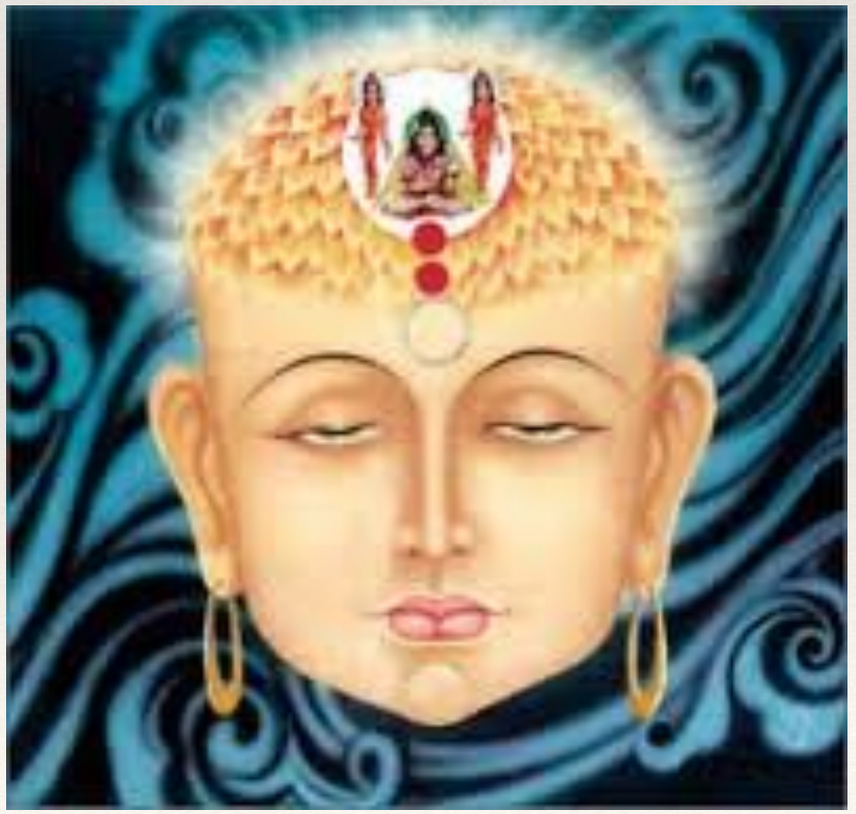
Flows through the center of the spine, through 7 main chakras

In the Sahasrara it divides into two branches. One circles down the front of the skull the other at the back

Both branches meet in the Brahmarandhra, the Cave of Brahma

This is the ‘tenth gate’ through which the enlightened soul leaves the body

Represents the River Saraswati
The Sushumna is beyond time



Pingala, Ida and Sushumna all meet in the Muladhara Chakra - “involvement meeting place”

Moving upward, alternating at each chakra

Meeting again at the Ajna Chakra - “liberated meeting place”

Nectar Nadi

Japa Meditation

The thumb relates to our connection with God
The ring finger contains a pure spiritual nectar
The mala bead stimulates this Nectar Nadi
A stream of Divine Energy flows to the heart
All the blood flowing through the heart is charged with nectar

Kundalini

"That which is coiled", three and a half times in the Muladhara

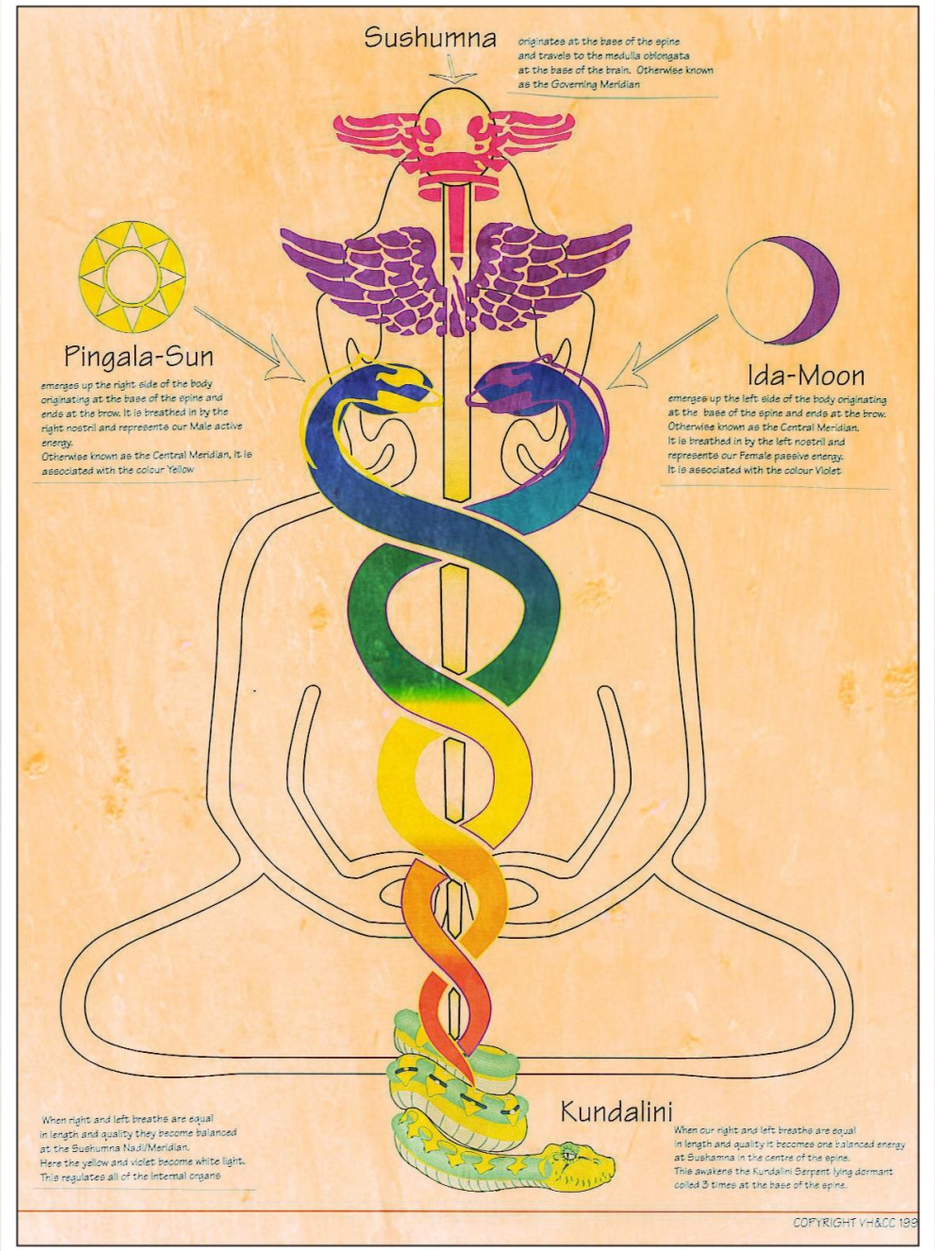
Spiraling, serpent like movement

Lies dormant until awakened by our spiritual practice

Awakened by Prana entering the Sushumna Nadi

Rises up the Sushmna, through the Chakras, unfolding the ascending powers of consciousness

It is the energy of Awareness the healing power of Mother Divine, the human Potential


Sushumna
originates at the base of the spine and travels to the medulla oblongata at the base of the brain. Otherwise known as the Governing Meridian
Pingala-Sun
emerges up the right side of the body originating at the base of the spine and ends at the brow. It is breathed in by the right nostril and represents our Male active energy.
Otherwise known as the Central Meridian, it is associated with the colour Yellow
Ida-Moon
emerges up the left side of the body originating at the base of the spine and ends at the brow. Otherwise known as the Central Meridian.
It is breathed in by the left nostril and represents our Female passive energy.
It is associated with the colour Violet
Kundalini
When right and left breaths are equal in length and quality they become balanced at the Sushumna Nadi/Meridian.
Here the yellow and violet become white light.
This regulates all of the internal organs
When our right and left breaths are equal in length and quality it becomes one balanced energy at Sushamna in the centre of the spine.
This awakens the Kundalini Serpent lying dormant coiled 3 times at the base of the spine.
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Kundalini - Stages of Awakening

Mind attached to worldliness, dwells in first three chakras
No spiritual ambitions, desires for lust and greed

Mind and body are purified
Mind enters heart center, first spiritual awakening begins

Nadis must be cleared
Chakras must be awakened
Pingala and Ida Nadis must be purified
Sushumna opens automatically, experience of great Light

Kundalini Shakti awakens and begins rising
May move through first three chakras and then return
Once Kundalini reaches fourth chakra there's no going back
Yogic powers maybe experienced

Can rise with powerful force and "explode" through Crown Chakra like a fountain of light

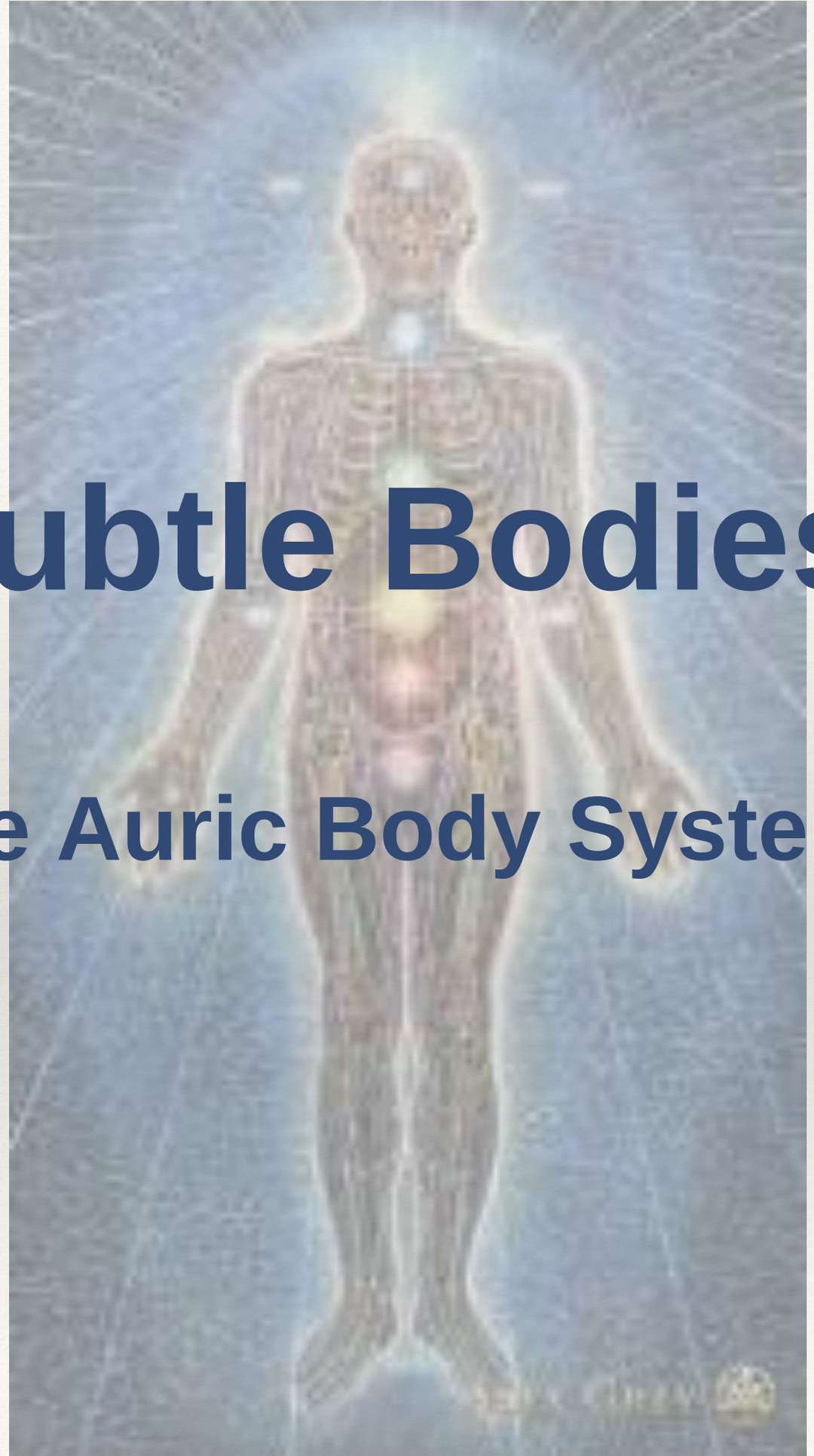
Kundalini Awakened

Kundalini refers to the dormant state
It manifests as the Goddess
When not controlled she is Kali Devi
- subdues the individual soul
When managed she is Durga Devi
- superconsciousness, glory, beauty

The Shakti (feminine) energy merges
with the Shiva (masculine) energy
All dormant areas of the brain awaken
A new consciousness dawns

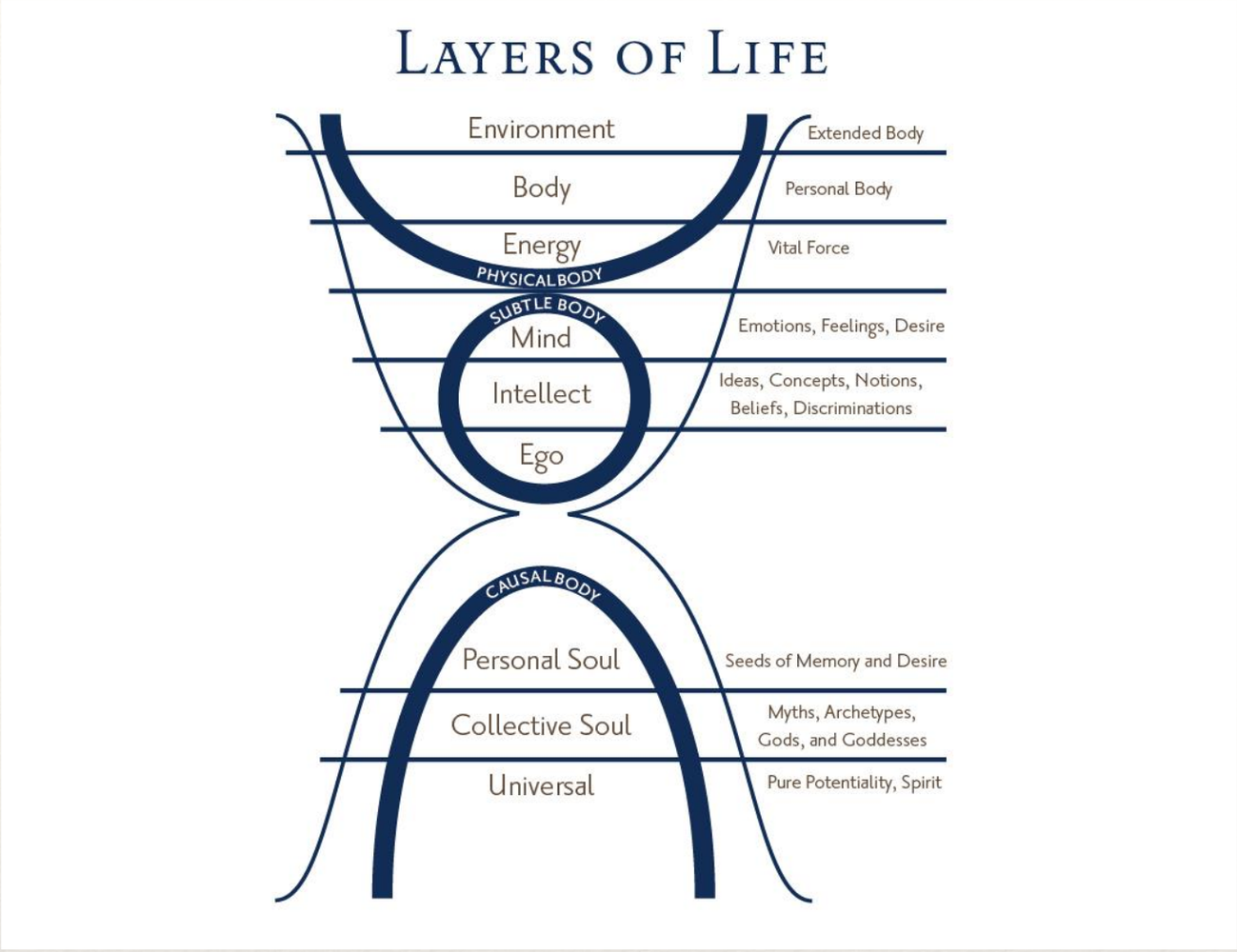
The Goddess descends to the
Anahata (heart) Chakra to bestow
Grace on the world

Subtle Bodies



The Auric Body System

Vedanta
Adi Shankara



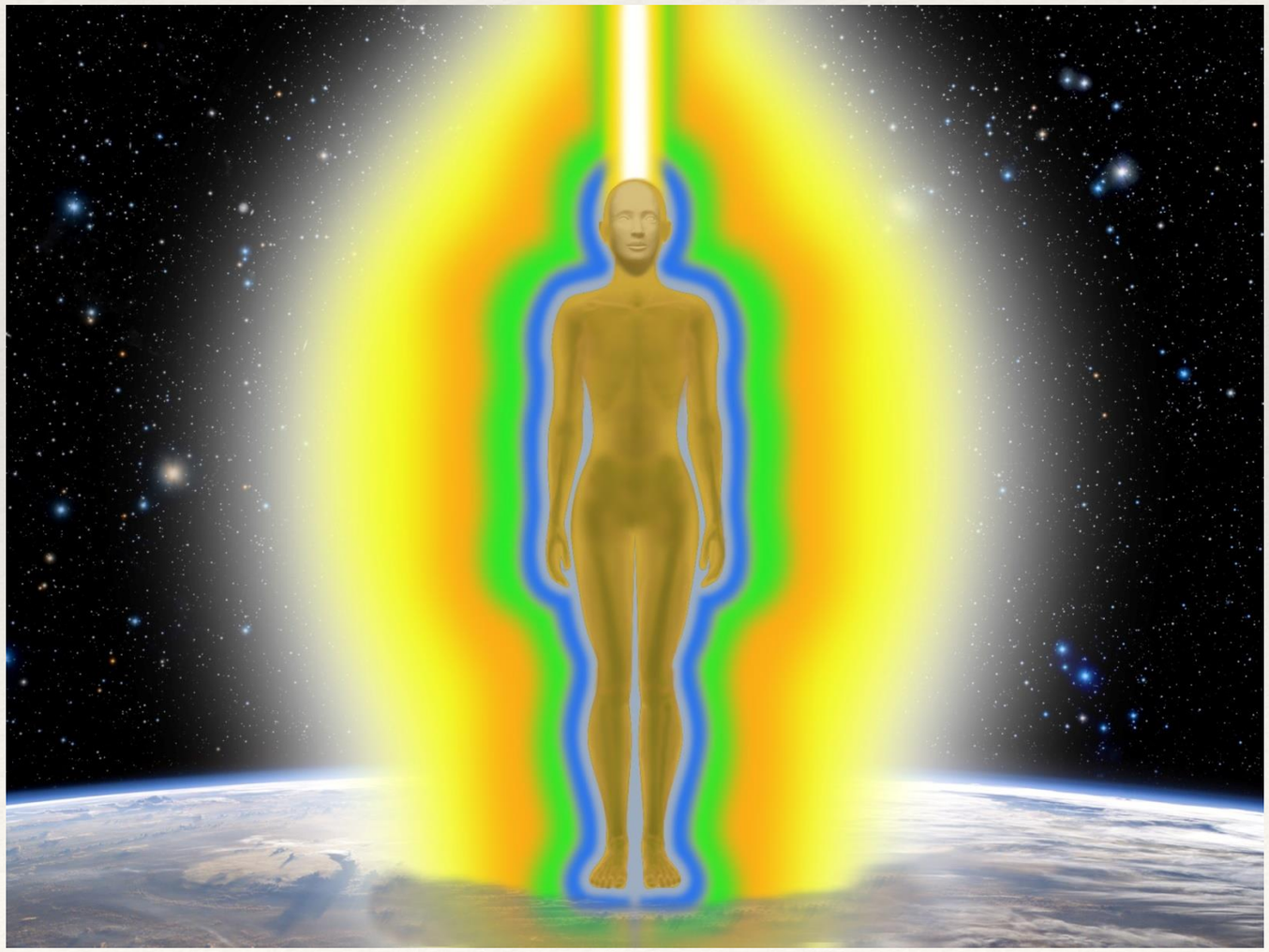
The Five Sheaths (Koshas)

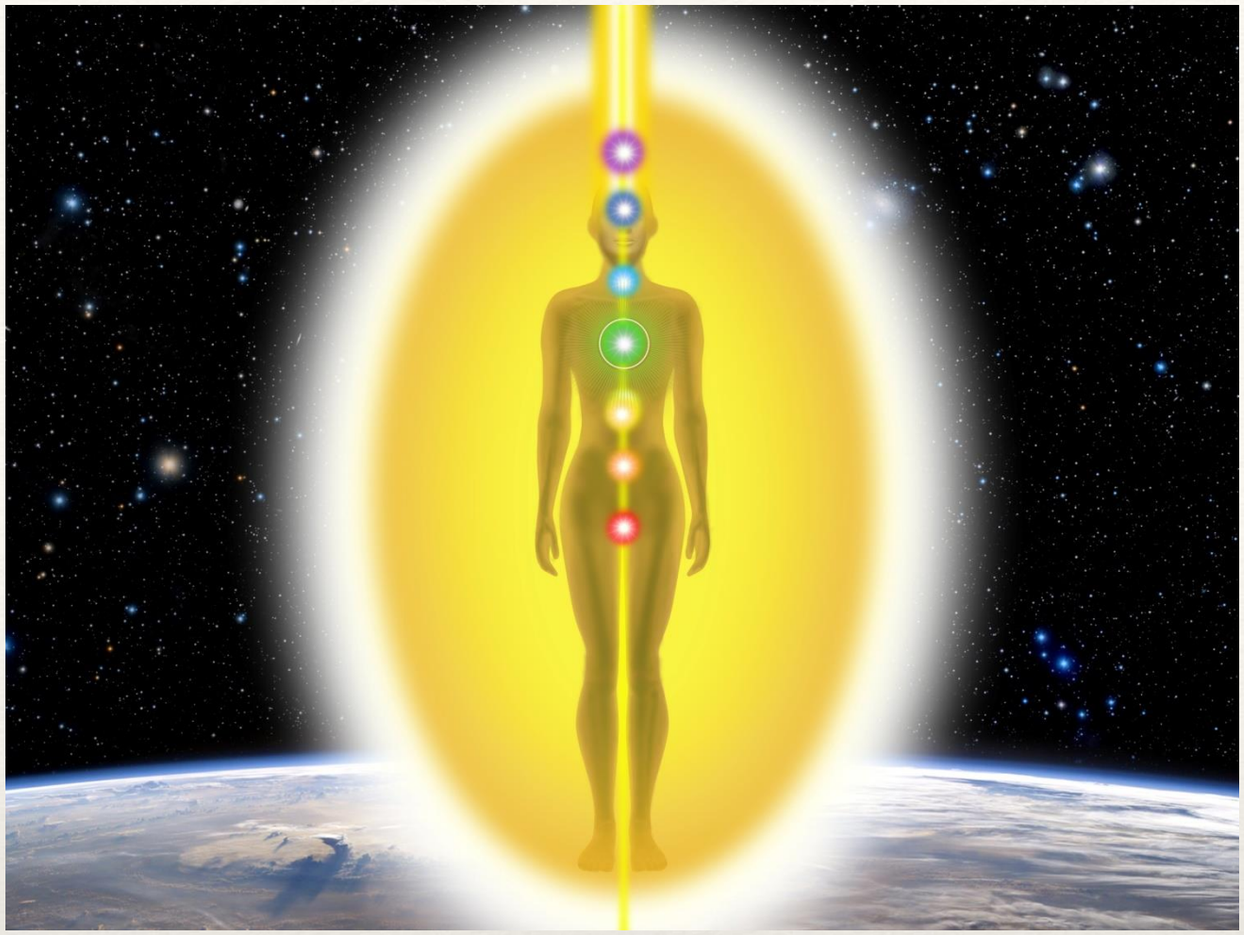
Annamaya Kosha - physical
Pranamaya Kosha - prana or vital energy
Manomaya Kosha - mind
Vijnanamaya (Buddhimaya) Kosha - intellect
Anahata - Ego
Anandamaya Kosha (Brahman) - causal or bliss

We are beings of Light, covered by the ignorance of humanness

Light vibrates at different frequencies
The physical body has a dense frequency and appears solid

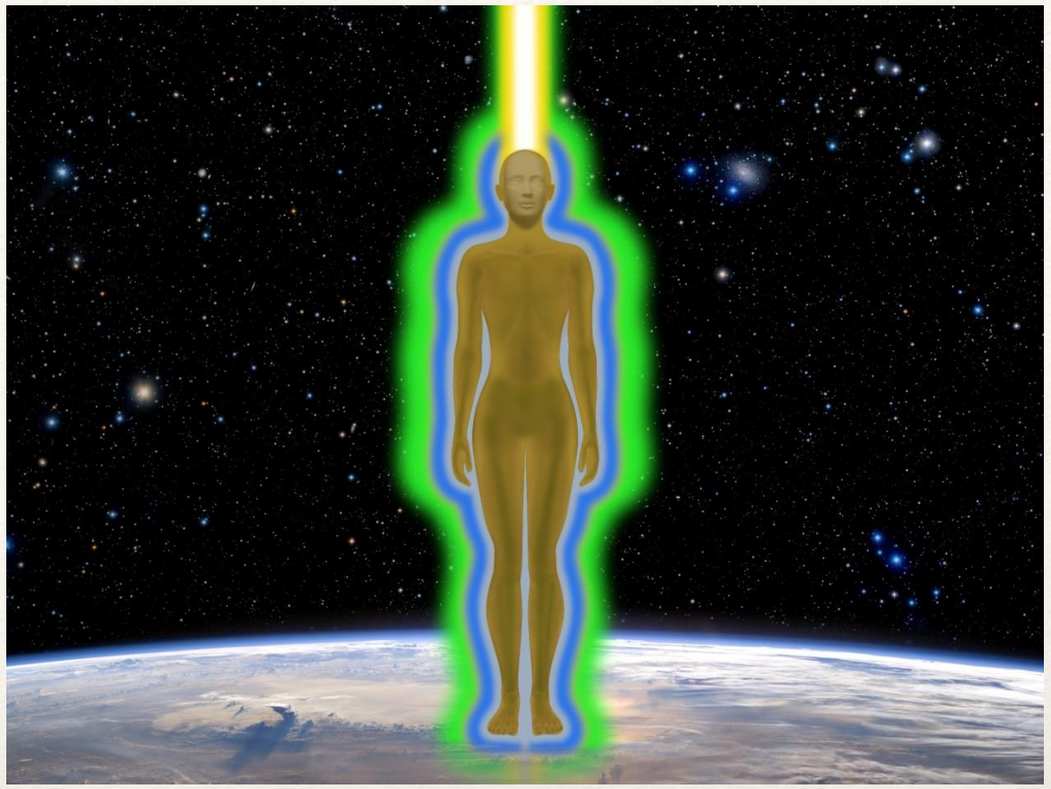
There are 7 subtler bodies vibrating at progressively higher frequencies
Everything that happens in the physical body happens first in the subtle bodies
The subtle bodies support the physical body and shield it from external influences





Each subtle body has its own seven chakras, vibrating at a higher rate as we move outward
Each “physical” body chakra has within it, seven subtler chakras vibrating at different frequencies
Energy can be transmitted between bodies through the chakras

Subtle Bodies



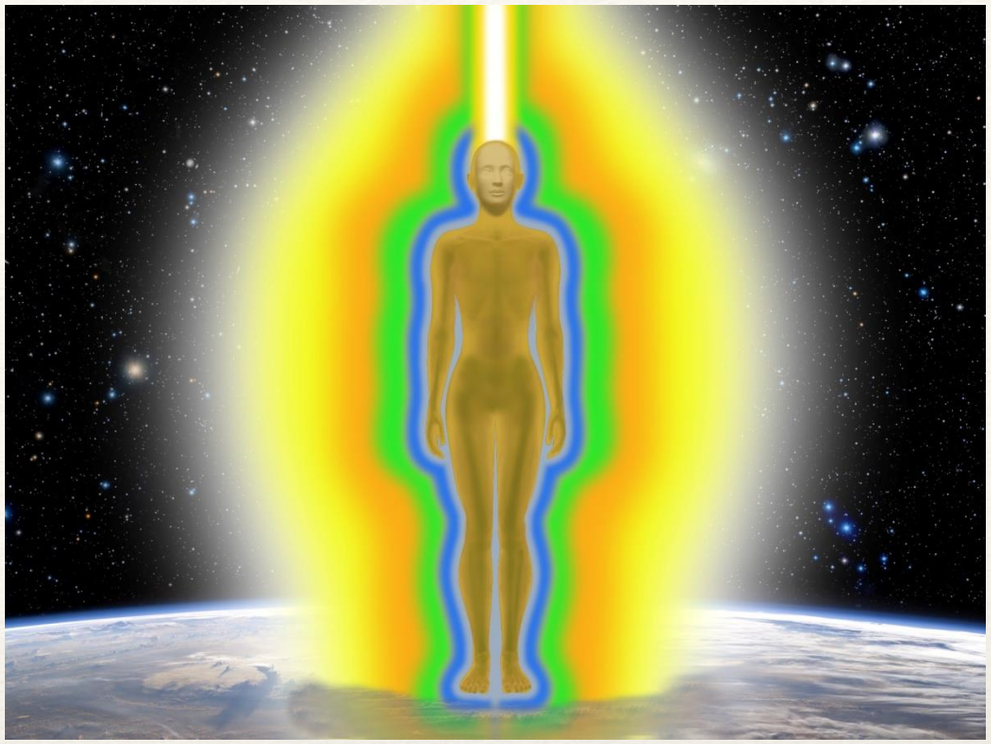
Inner 3 bodies process energies dealing with physical plane

Etheric (pranic) - 1-2 inches thick, duplicates entire physical body, blue or grey

Emotional - 12 inches thick, reflects emotions and desires, contains all colors which change as person’s mood changes

Mental - 18 inches thick, intellect, analyses everything, holds thoughts and mental processes, yellow color which brightens around head with deep thought

Subtle Bodies



Upper three bodies process energies from spiritual planes, which pass through “the fire of the heart”

Causal (Astral) - 2 feet thick, holds seeds of karma, deepest memories, inner motivation

Spiritual - our spiritual agreements, guidance from Higher Self

Radiance - the spiritual emotional plane, feelings of bliss and spiritual ecstasy, Divine Love, touched in deep meditation, pastel glow

Luminous - grid type structure of white and gold, here we “know we are God”, the Kundalini shakti is contained here

Subtle bodies go out of alignment or become weakened because of:

- stress
- poor dietary habits
- poor decision making
- emotional toxicity
- toxic habits
- drug and chemical abuse

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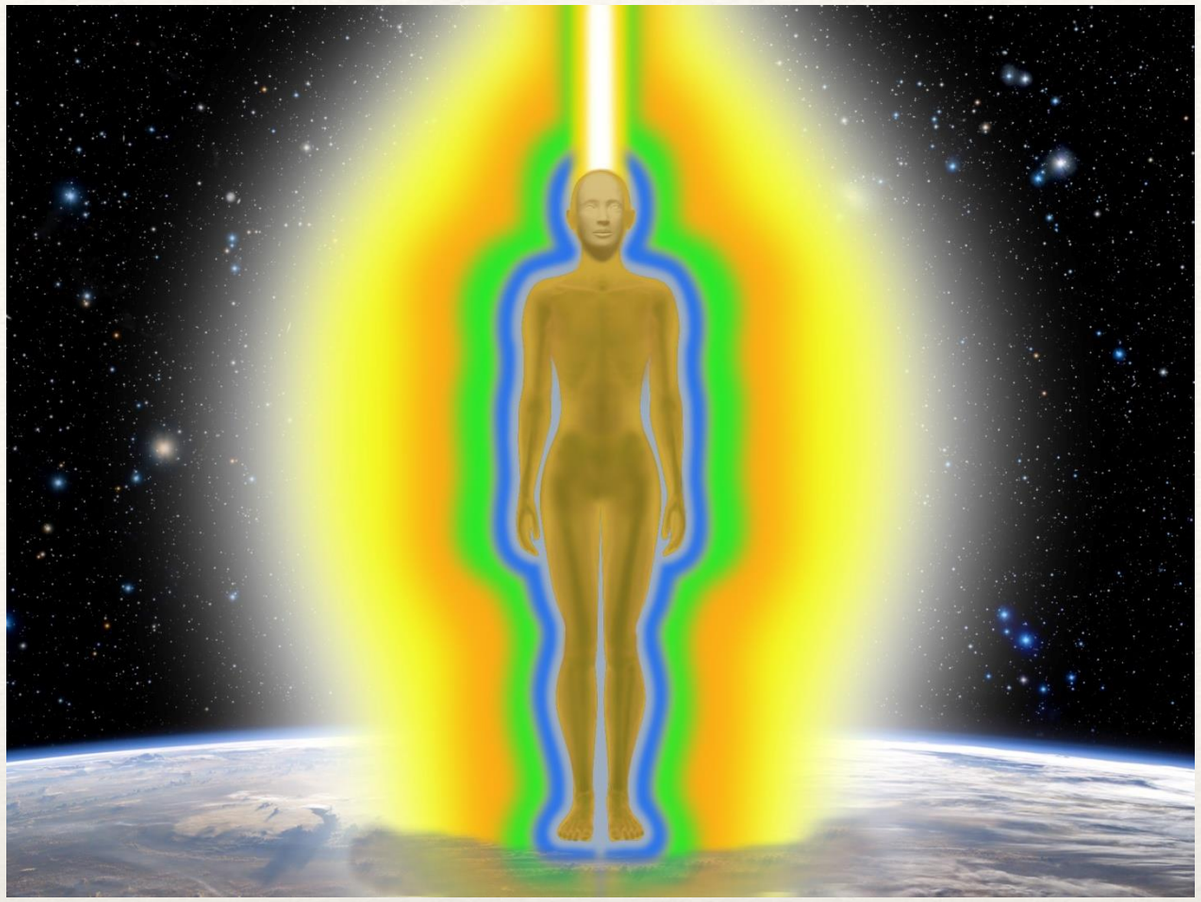
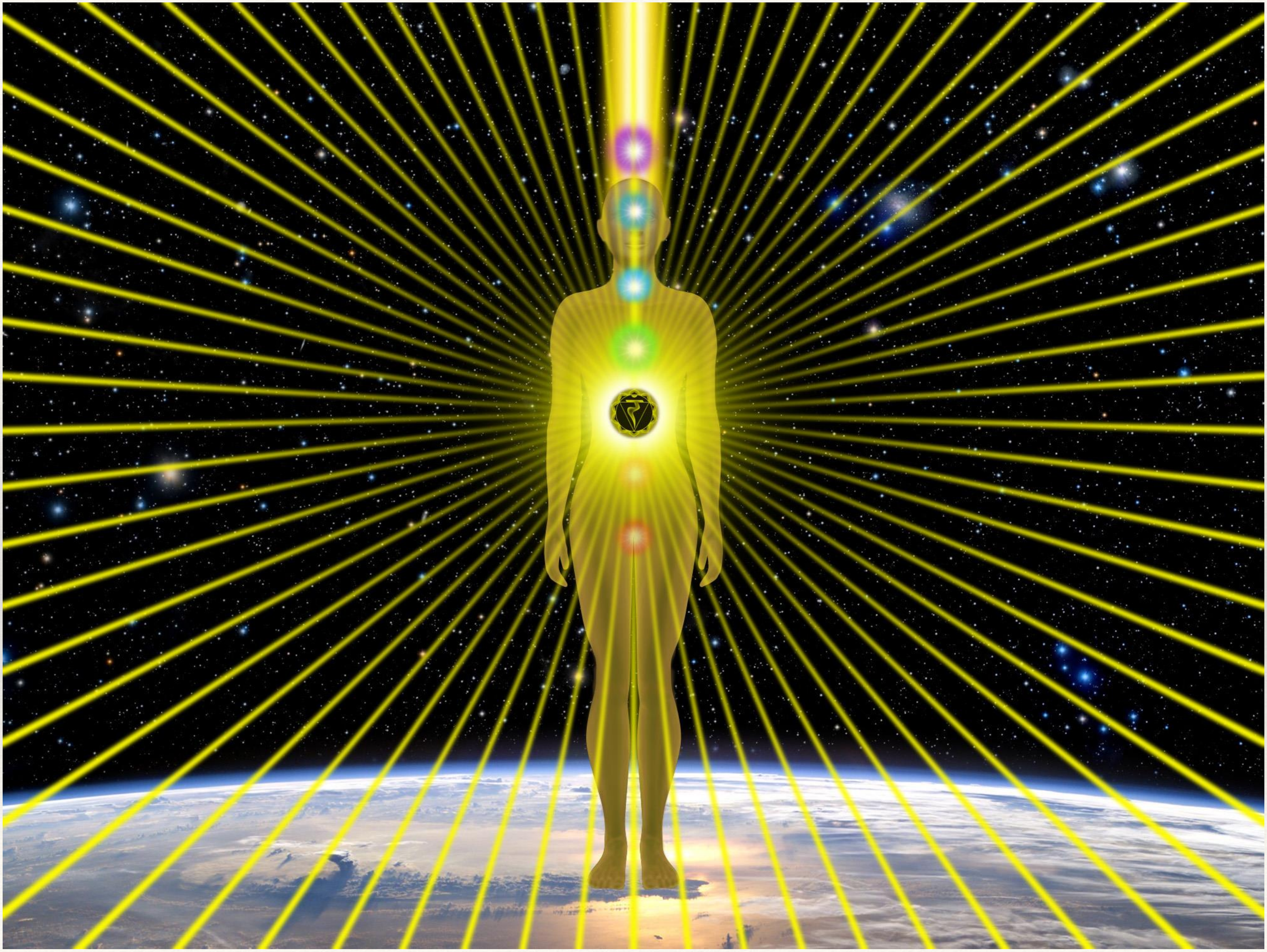


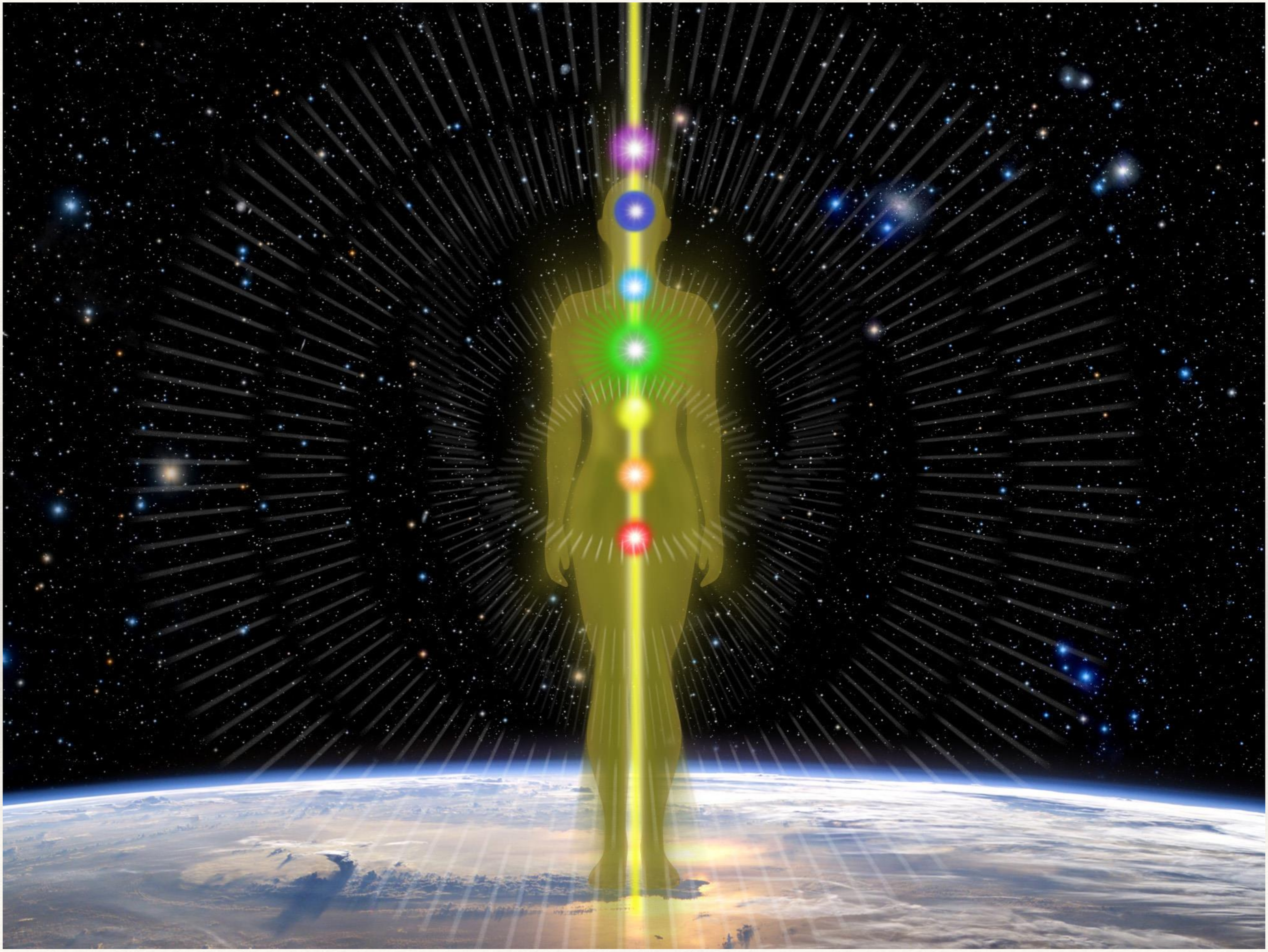
The Subtle Bodies are aligned and strengthened by:

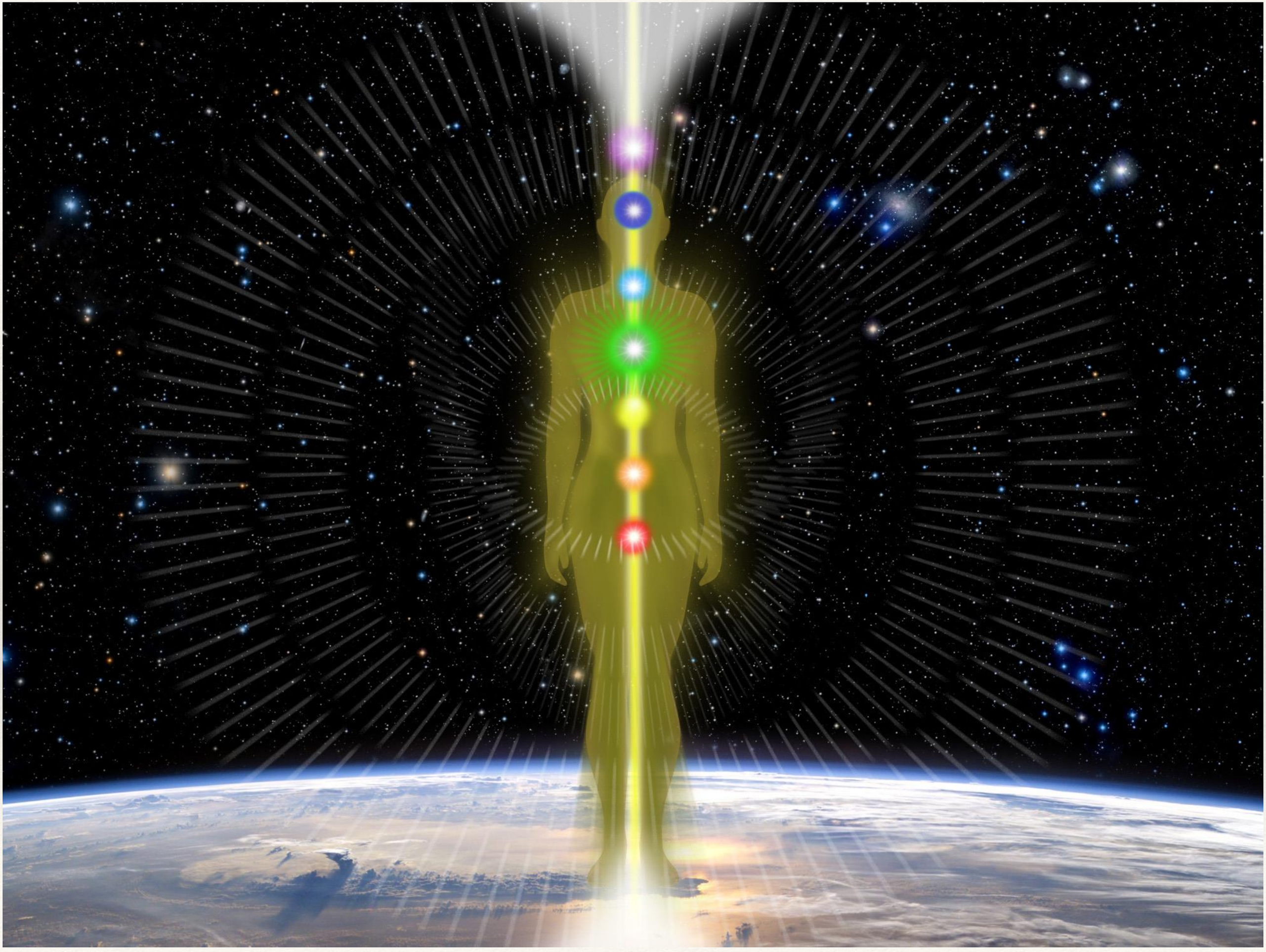
- meditation
- 8 Limbs of Yoga
- nourishing emotions
- conscious choice making
- pranayama
- healthy lifestyle
- wearing malas of 108 beads
- filling them with Divine Light

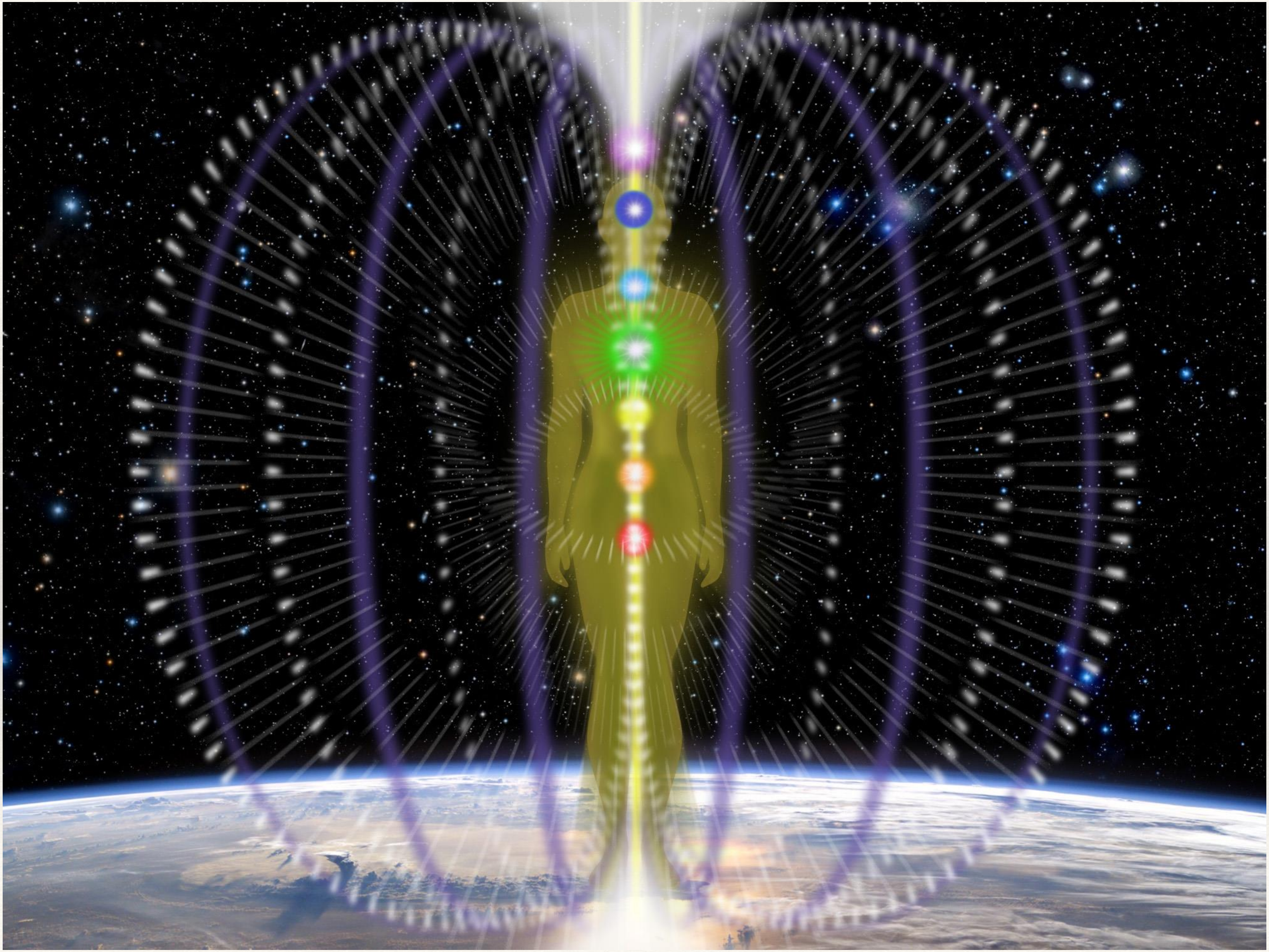
Ascension

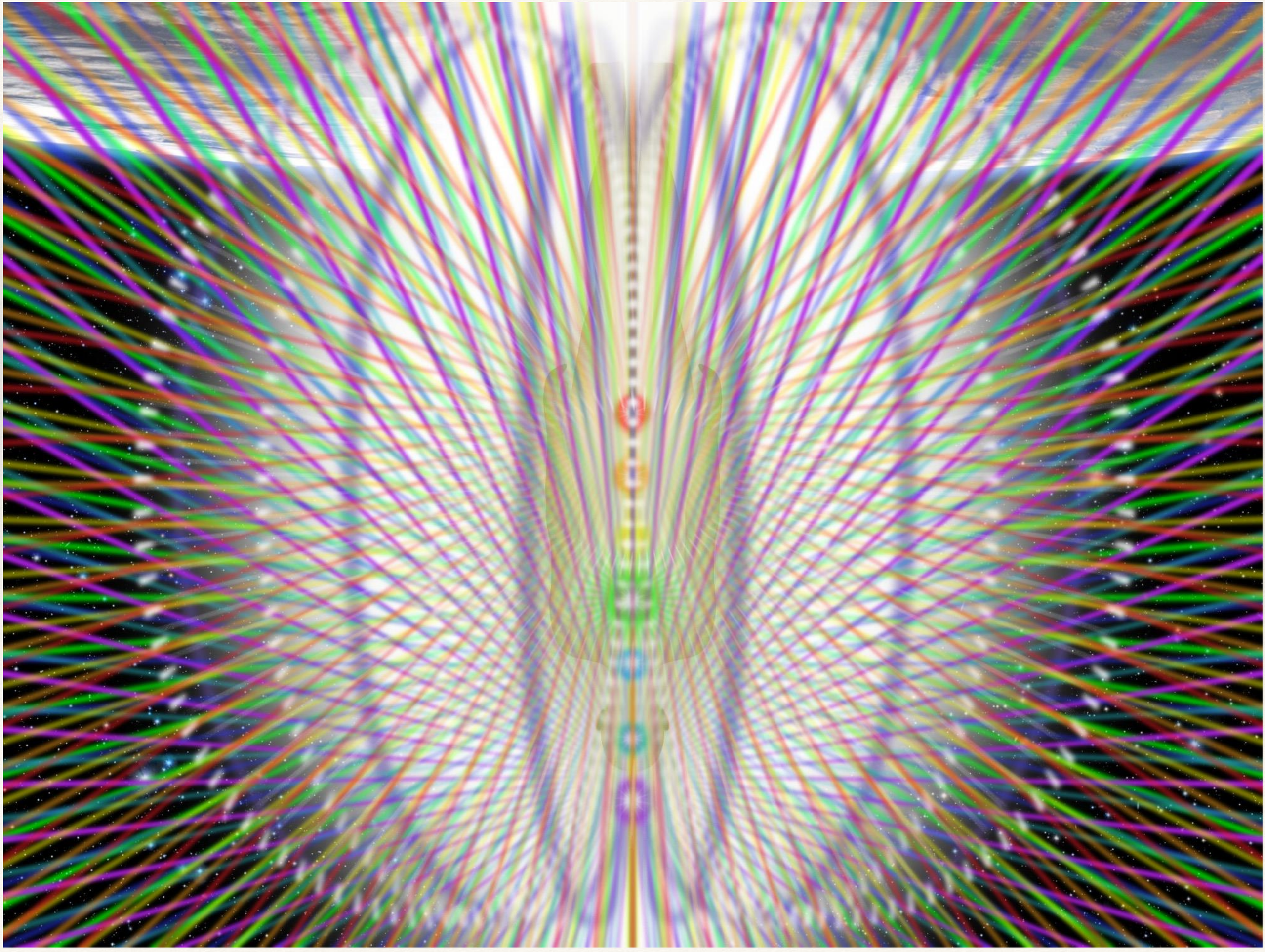
By raising the frequency of the body
Activating the Light in all the cells of the body
The matter spins so fast it turns into a Light Body

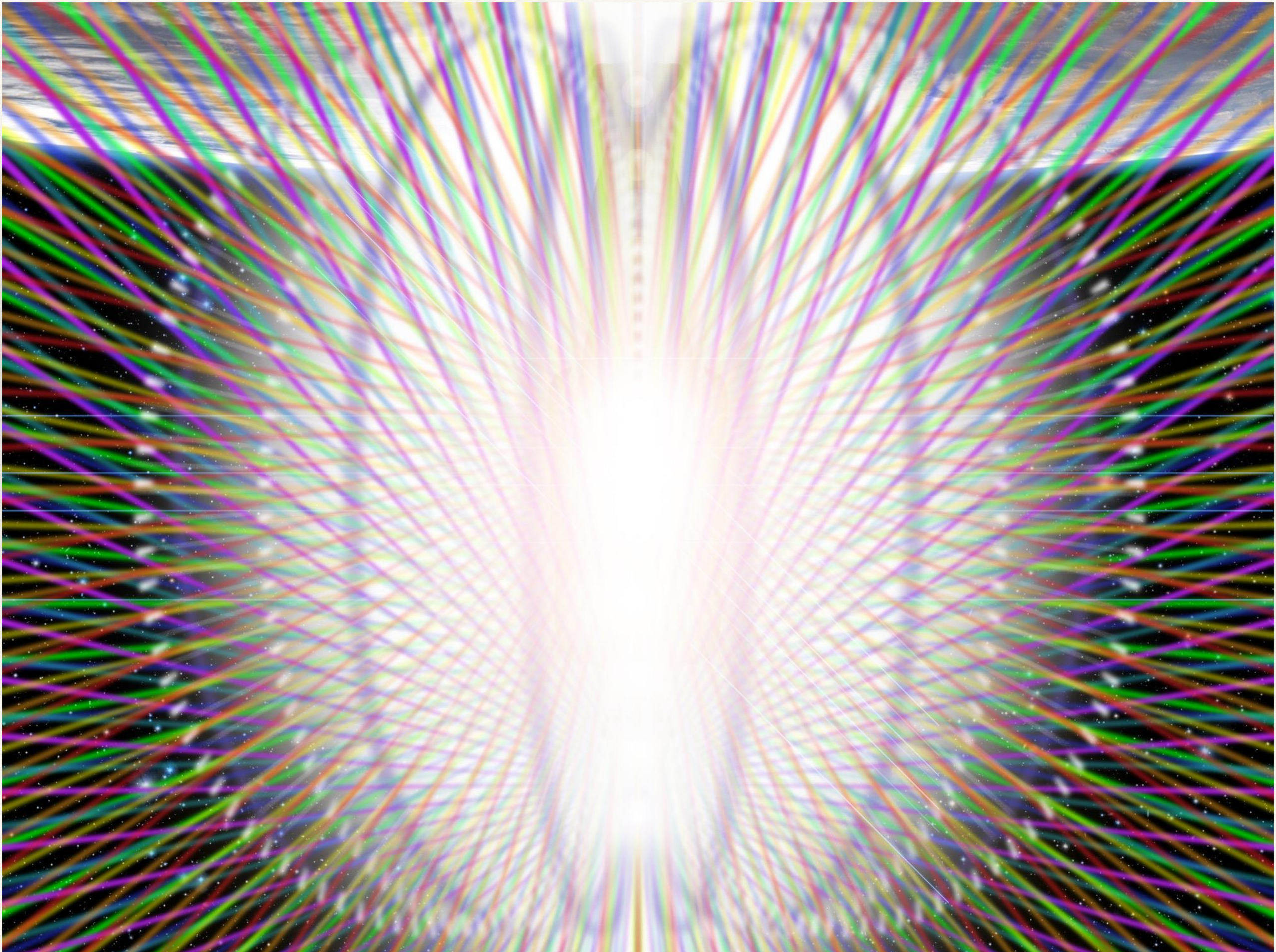


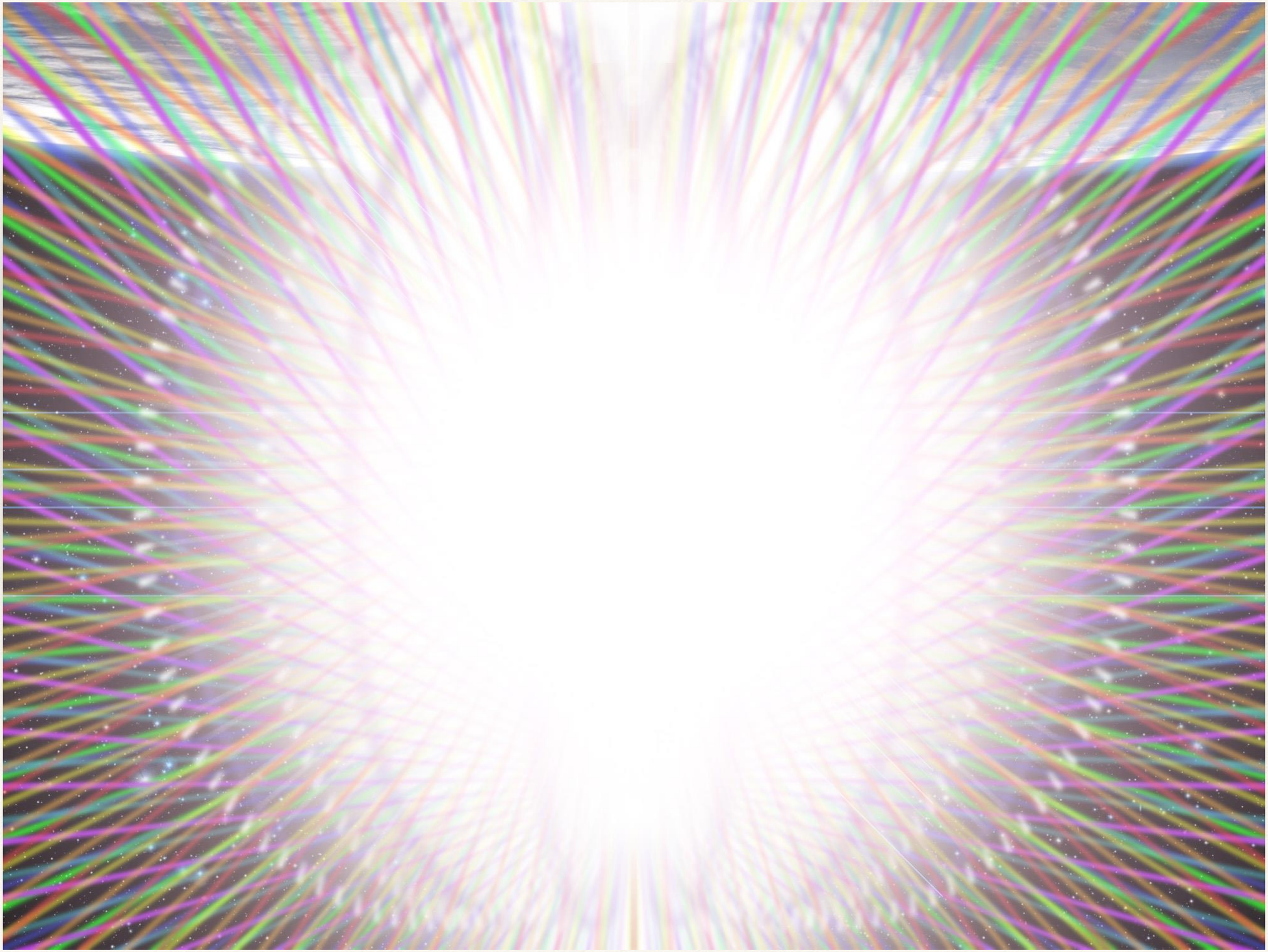




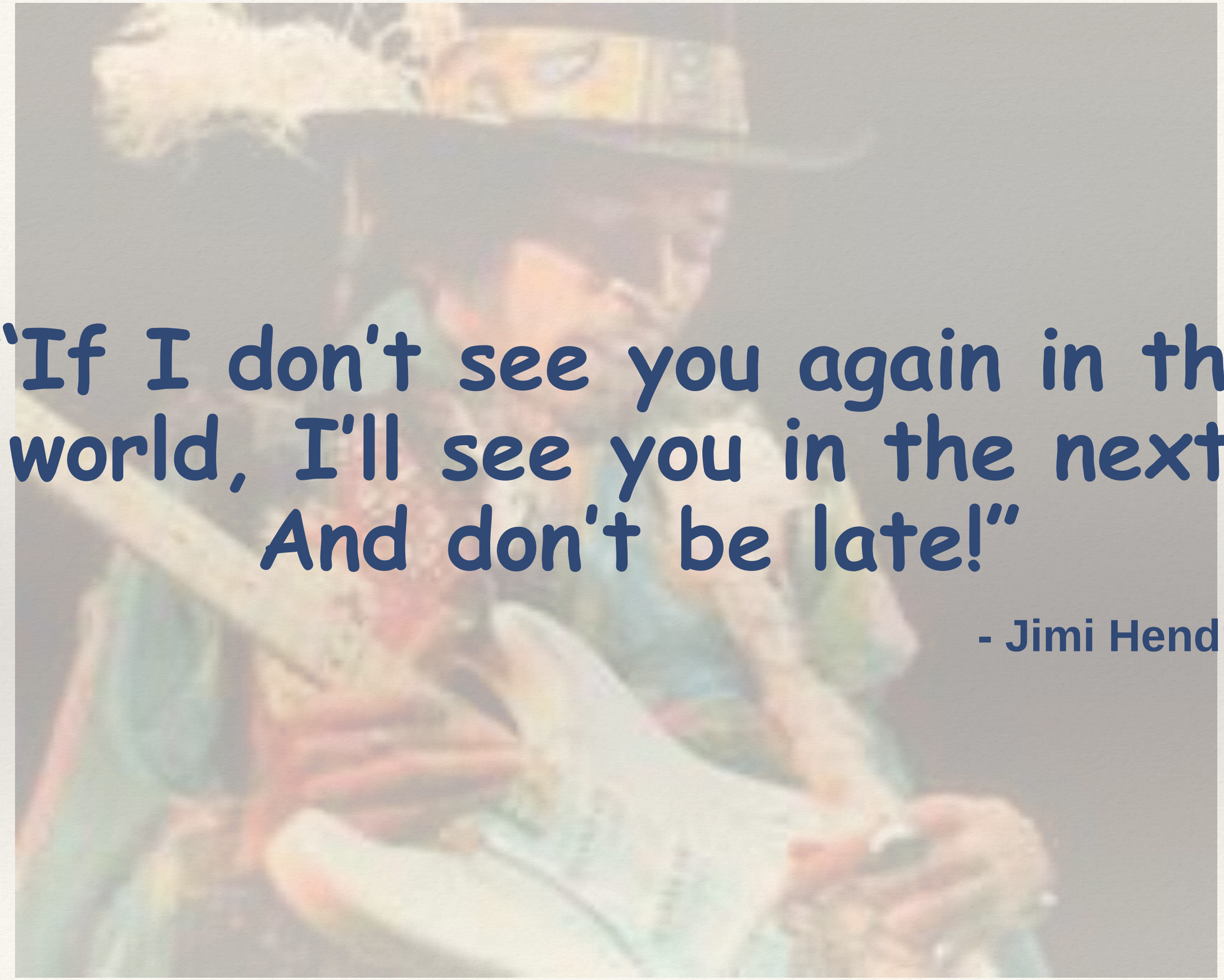








The Light Body moves anywhere in the Universe



"If I don't see you again in this world, I'll see you in the next. And don't be late!"

- Jimi Hendrix

Lower Chakras

The lowest of the human chakras is the highest in animals.
The highest human chakra is the lowest in Divine evolution.

Lower chakras

There are said to be a series of seven chakras below Muladhara going down the leg, corresponding the base animal instincts, and to the Hindu underworld

Atala This chakra is located in the hips, it governs fear and lust.

Vitala Located in the thighs, it governs anger and resentment.

Sutala Located in the knees, it governs jealousy.

Talatala it is located in the calves, and it is a state of prolonged con willfulness.

Rasatala Located in the ankles, it is the centre of selfishness and pure animal nature.

Mahatala Located in the feet, this is the dark realm 'without conscience', and inner blindness.

Patala Located in the soles of the feet, this is the realm of malice, murder, torture and hatred, and in Hindu mythology it borders on the realm of Naraka, or Hell.

Emotions associated with the Chakras

Muladhara - being grounded, security, physical comforts, basic biological needs, shelter

Swadhisthana - family, procreation, sexual urges, fantasies

Manipura - immortality, longevity, name, fame, power, authority, acquisition of wealth

Anahata - sharing, love, devotion, selfless service, compassion

Vishuddha - knowledge

Ajna - self-realization, enlightenment